

Mental Health Clinic

2501 Capehart Road, Bldg 4000 (2nd Floor)

(402) 232-2273, opt 13 or (402) 294-7411

Hours of Operation: Monday - Friday, 7:30 a.m. - 4:30 p.m.

****For any crisis/emergency: call 911, report to the nearest ER, or contact the toll-free, confidential 24-hour hotline: 1-800-273-TALK (8255).**

The Mental Health Clinic offers a wide variety of behavioral health services to support individuals, families, and the military mission. *Active duty military members have priority for services.*

Dependents and retirees are eligible for assessment and treatment following TRICARE guidelines for access to care, depending on the capacity & capability of the clinic to properly manage each case.

Non-active-duty TRICARE beneficiaries may be seen in the network without a referral/prior authorization for the first 8 appointments per fiscal year (1 Oct - 30 Sept) with a network provider for a medically diagnosed & covered condition. Care access/rules vary by beneficiary type, location, TRICARE program option, so check your specific TRICARE benefits: www.tricare.mil or 1-877-988-WEST (1-877-988-9378) or visit the TRICARE service center.

Services include:

- Individual Counseling
- Group Therapy
- Educational Classes
- Marital Counseling
- Relaxation Interventions
- Psychological Testing
- Psychiatry/Medications
- Command Consultations
- Disaster Mental Health Response
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Other resources:

- Military One Source: 1-800-342-9647
- 24-Hr Crisis Hotline: 1-800-273-TALK (8255)
- Military Crisis Line: <http://veteranscrisisline.net> or 1-800-273-8255 (Press 1)

Alcohol and Drug Abuse Prevention and Treatment (ADAPT)

2501 Capehart Rd, Bldg 4000 (2nd Floor)

(402) 294-7411

Hours of Operation: Monday - Friday, 7:30 a.m. - 4:30 p.m.

The primary objective of the ADAPT program is to promote readiness, health and wellness through the prevention and treatment of substance abuse, and to minimize the negative consequences of substance abuse to the individual, family and organization.

ADAPT provides services primarily to active duty military members. Non-active duty TRICARE beneficiaries are eligible for assessment and treatment following TRICARE guidelines for access to care, depending on the capacity & capability of the clinic to properly manage each case.

Services include:

- Population-based educational outreach
- Preventative brief counseling
- Evidenced-based outpatient treatment
- Referral for inpatient detoxification/treatment

Warning signs of Problematic Substance Use:

- Negative impact on relationships with friends and/or family
- Used to cope with stress or mood
- Decreased work or school performance
- Loss of memory
- Health problems
- Legal problems
- Drinking more alcohol than planned
- Frequent hang-overs
- Planning activities around alcohol use
- Difficulty refraining from drinking

How to seek services:

- Self-referral
- Medical referral
- Commander referral

Family Advocacy

Hours of Operation: Monday - Friday, 7:30 a.m. - 4:30 p.m.

(402) 294-7886

The Offutt Family Advocacy Program objective is to build healthy families and communities through prevention, education, and intervention services.

Family-Building Programs:

New Parent Support Program: 402-294-7860

Home visits by our Community Health Nurses to provide support and education to new parents/adoptive parents. Services provided for any period from pregnancy to the child's third birthday.

- Home visits by Community Health Nurses
- Provides prenatal support and support for parents with children ages 0-3
- Free resources available for ownership and check-out

Educational Classes and Counseling

- 1-2-3 Magic Parenting Class
- Anger Management Class
- Couples Communication Class (PREP)
- Parenting with Love & Logic
- Dads 101
- Bundles for Babies
- Marriage and family counseling

Treatment Services:

Ensuring the safety of the victim, treatment for the abuser and providing resources for the whole family.

****All active duty members, family, civilian employees and contractors are required to report suspected cases of child abuse/neglect or spouse abuse to Family Advocacy.**

- Spouse maltreatment and abuse assessment and treatment
- Child neglect and safety planning
- Maltreatment case management
- Support for Victims
- Treatment for Abusers
- Domestic Abuse Victim Advocate (DAVA)

Other Resources:

- WIC at Offutt AFB: Mon/Thurs only: 294-3063
- Boy's Town Nat. Hotline: 1-800-448-3000
- Child Abuse Hotline: 1-800-652-1999
- Child Development Center: 294-2203 / Youth Programs: 294-5152
- Domestic Violence Coordination Council of Greater Omaha: 402-398-9928
- Family Child Care: 294-9016
- The National Domestic Violence Hotline: 1-800-799-SAFE (7233)
- Women Against Violence hotline/WCA: 402-345-7273